

February 2012 Urbana Senior Center Meal Menu

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
January 30 Four Bean Soup Spinach Salad Meatloaf with Gravy Mashed Potatoes Chuck Wagon Vegetables Pears	January 31 Carrot Raisin Salad Salmon Cake Green Beans Baked Sweet Potatoes Applesauce	1 Winter Salad Herb Fried Chicken Succotash Parsley Potatoes Apple/Cranberry Crisp	2 Tossed Salad Hotdog on bun Baked Beans Diced Fresh Fruit	3 Center is Closed
6 Tossed Salad Cuban Pork Roast Lima Beans Scalloped Potatoes Mandarin Oranges	7 Mixed Green Salad Turkey Chili Green Beans Tator Tots Diced Fresh Fruit	8 Chicken Noodle Soup Chicken Tenders Onion Rings Peas Diced Fresh Fruit	9 Tossed Salad Tomato & Onion Salad Shepherd's Pie Applesauce	10 Center is Closed
13 Mixed Greens Ham Steak with Pineapple Macaroni and Cheese Stewed Tomatoes Diced Fresh Fruit	14 House Salad Stuffed Shells California Vegetable Blend Sliced Peaches	15 Brunch: Omelet Bar Omelets made to order Other Brunch Items	16 Split Pea Soup Lettuce Wedge Roast Brisket with Gravy Mashed Potatoes Hot Cinnamon Pears	17 Center is Closed
20 Mixed Greens Grilled Chicken Marinara Pasta Ratatouille Ambrosia	21 Lettuce Wedge Chili Spinach Pears	22 Spinach Salad Pot Roast with Gravy Mashed Potatoes Peas Apple Crisp	23 Peach with Cottage Cheese Chicken Pasta Casserole Cal Vegetable Blend Blueberries	24 Center is Closed
27 Marinated Cucumber Salad BBQ Pork on roll Southern Green Beans Diced Fresh Fruit	28 Tossed Salad Spaghetti with Meat Sauce Garlic Bread Yellow Squash Pear Halves	29 Broccoli/Cauliflower Salad Roasted Pork Sauerkraut Collards Mashed Potatoes Strawberries	March 1 Caesar Salad Pizza Lima Beans Sliced Pears	March 2 Center is Closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be cancelled.